

## Special Issue

# Dietary Patterns and Lifestyle Promoting Healthy Weight Strategies in Children and Adolescents

### Message from the Guest Editor

Obesity in children and adolescents continues to pose a serious threat to public health worldwide, and the COVID-19 pandemic has especially exacerbated this problem. Childhood obesity affects children's health and persists into adulthood, significantly increasing the risk of contracting chronic diseases, such as diabetes, hypertension, and coronary heart disease in adulthood. WHO has recommended comprehensive interventions to combat childhood obesity. Healthy lifestyles, including balanced dietary patterns, adequate physical activity and sleep, play an important role in obesity prevention. However, studies showed that the lifestyles of children and adolescents are far from optimal. Previous childhood obesity prevention that largely focused on schools and findings was inconsistent. More research is needed to implement healthy weight strategies in other settings.

This Special Issue aims to present the latest population-based evidence on dietary patterns and lifestyles, promoting healthy weight strategies in children and adolescents. We are particularly interested in studies conducted in family settings, as well as multiple other settings.

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### Guest Editor

Dr. Li Cai

Department of Maternal and Child Health, School of Public Health, Sun Yat-sen University, Guangzhou, China

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### Deadline for manuscript submissions

closed (27 October 2023)



## Nutrients

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*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

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*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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